

## **ABSTRACT**

A device is disclosed for use by one or more individuals for practicing and playing a sporting activity requiring the use of a projectile. The device includes a base and a pair of substantially vertical members supported by the base. A horizontal member is associated with the vertical members and extends substantially horizontally therebetween. A first mechanism is provided for selectively adjusting the vertical position of the horizontal member relative to the vertical members. A second mechanism is also provided for selectively adjusting the horizontal position of the vertical members relative to the length of the horizontal member to define a first projectile target area for the throwing or kicking of a projectile therethrough by one of the individuals utilizing the device. A target loop is mounted to the horizontal member within the first projectile target area and defines a second projectile target area for the throwing or kicking of a projectile therethrough by one of the individuals utilizing the device. A third mechanism is then provided for selectively adjusting the position of the target loop along the horizontal member between the vertical members. Finally, an arm extension attaches the target loop to the horizontal member and includes a fourth mechanism for variably adjusting the distance between the target loop and the horizontal member within the first projectile target area.